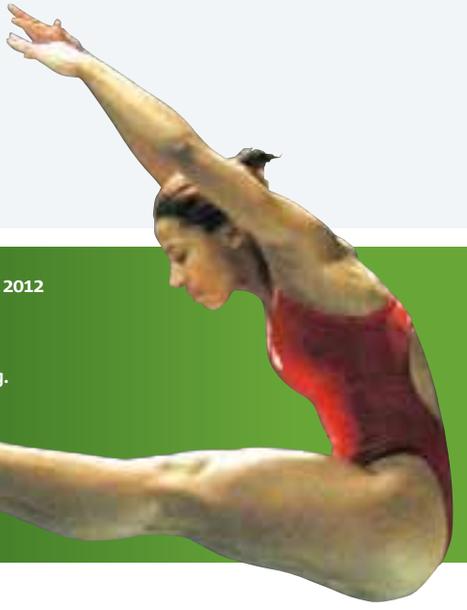
Fire up some flatbreads

Topped with an egg, these grilled treats make for a perfect camping-trip breakfast PAGE 11

CANADA'S DREAM GIRL

FEW ATHLETES HAVE THE CHARM OF JENNIFER ABEL. WHAT MAKES THIS DIVER SO SPECIAL? OLYMPIC PREVIEW, PAGE 14



REGIONAL metro®

Monday, July 16, 2012

News worth sharing.

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Stadium announcement met with mixed emotions

Divided opinion. Some say $278-million project is a 'waste,' others think it's an 'excellent idea'

JEFF MACKEY
jeff.mackey@metronews.ca

Public reaction to the new $278-million Roughriders stadium project has been varied across the province.

When the deal was announced before Saturday's 23-20 Riders win over the B.C. Lions, discontent was audible amid the cheers. The buzz continued over the weekend.

"Waste of time — a waste of time and money," said Frank Regier during a Sunday morning coffee stop. "We have so much stuff we gotta fix and it's going to cost way too much money."

Still, many Saskatchewanians are excited by the opportunities this major project will create. "I think it's an excellent idea. We should invest in the pride of our province and if we have something good, we should follow it up all the way through," said fan Faith Behr.

Either way, it would appear the historic Taylor Field era of Saskatchewan Roughriders football is coming to a close. The City of Regina, the Province of Saskatchewan and the Roughriders organization signed a memorandum of understanding promising they would all pitch in to cover the cost of a new stadium.

The new open-air facility will hold 33,000 people and be located at Evraz Place, just west of the current stadium. The construction of the new facility is expected to finish by 2017. The project is also coupled with an urban-revitalization initiative from the City of Regina.

The province will provide an $80-million grant as well as a $100-million loan to the City of Regina. The city will pony up $73 million of additional funding for the project, and the Roughriders organization will cover a further $25 million.

FOR PAUL SULLIVAN'S TAKE ON THE STADIUM PROJECT, TURN TO PAGE 7

Follow Jeff Mackey on Twitter @MetroJeffMackey

Premier Brad Wall announces that a new $278-million stadium will be built in Regina in time for the 2017 football season. The announcement was made before CFL action between the Saskatchewan Roughriders and the B.C. Lions in Regina on Saturday. LIAM RICHARDS/THE CANADIAN PRESS

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1 NEWS

On the web

The Boss gets cut off

British rock fans were treated to an abrupt concert ending when Bruce Springsteen and Paul McCartney had their mics cut off by show promoters at a London gig over the weekend. Go to metronews.ca to find out why the Boss and the Beatle were silenced.

Mr. Normal and his 'tweetgate'

French President Francois Hollande has had his carefully cultivated Mr. Normal image tarnished thanks to a little family feud that spilled over into Twitter. Go to metronews.ca to find out why "tweetgate" is bad news for the new president.

Mobile news

Tony Stark himself (Robert Downey Jr.) joined Marvel Studios boss Kevin Feige at the San Diego Comic-Con this weekend to announce Marvel's upcoming slate of superhero movies and drop a few tantalizing clips from Iron Man 3. Scan this code to find out what else is coming up in Marvel's movie calendar.

Public swimming

NDP speaks out against new pool regulations

The NDP has come out against new regulations around swimming-pool safety in the province.

Each public pool in Saskatchewan must now decide independently what training or qualifications a lifeguard requires.

The new regulations also remove the standards for the swimmer-to-life-guard ratios and double the term of pool licences to two years from one.

"There is no more important consideration than the health and safety of children," said health critic Cam Broten.

"There is no excuse for this risky decision."

METRO

Quoted

"There is no excuse for this risky decision."

NDP health critic Cam Broten

Wet week

Rain, rain — it's here to stay

The Weather Network is forecasting almost an entire week of rain for Regina.

The 14-day forecast is showing daily rainfall for the Queen City until next Sunday, with a brief break in showers on Tuesday. According to the site, the next time Regina will see a full day of sun will be July 23.

METRO

It could be you

Winning ticket sold in Regina

Regina residents who picked up a Lotto Max ticket should check their numbers.

One of the two winning tickets for the lottery, each worth $21.7 million, was sold in Regina. The other was sold in Alberta. Lottery numbers can be checked at the Western Canada Lottery Corporation website, wclc.com.

METRO

Grain business

Glencore deal approved: Report

The federal government has approved Glencore International PLC's bid to buy Regina-based grain company Viterra Inc., according to the CBC.

Industry Minister Christian Paradis issued a release stating that he had approved the Swiss company's $6.1-billion bid under the investment act. METRO

Sudan's 'friendliness' reminds local author of Saskatchewan

While the Sun is Above Us. New book by Melanie Schnell explores themes of war, women's rights

JEFF MACKEY
jeff.mackey@metronews.ca

For author Melanie Schnell it would appear no matter the setting of what she's writing, Saskatchewan is never far from mind.

Her book While the Sun is Above Us may take place in Sudan, but she believes her home province is closely linked to her work.

"There was something about the sense of community and friendliness in Sudan that reminded me of home," said Schnell. "Maybe it was because of the landscape. It (Sudan) is a flat plain ... similar to Saskatchewan, (but) of course they don't get winters."

Schnell's new book explores weighty topics like slavery, war and women's rights through the viewpoints of its main characters — a Sudanese woman and a Canadian woman.

"The story is basically about how they meet. This brief meeting changes both of their lives significantly and irrevocably," said Schnell. The women spend the rest of the story struggling to grasp the meaning of their chance meeting.

Schnell just finished launching While the Sun is Above Us in Eastern Canada and looks forward to returning to Saskatchewan to work on her sophomore effort.

"We are very supportive of our writers in Saskatchewan, I find," said Schnell.

Easier to write

"I guess I am just naturally used to these open spaces and find it easier to write."

Melanie Schnell

Melanie Schnell is a Saskatchewan author whose new book While the Sun is Above Us launched in Eastern Canada last week. CONTRIBUTED/FREEHAND BOOKS

Crisis and conflict

- Sudan borders the Red Sea in northeastern Africa between Egypt and Eritrea.
- A conflict in Western Sudan (Darfur) since 2003 has displaced nearly two million people and caused an estimated 200,000 to 400,000 deaths.
- South Sudan declared its independence on July 9, 2011, though unrest and conflict continues in the region.
- Armed conflict, poor infrastructure and lack of government support have made getting humanitarian assistance to affected populations difficult.

Riot's rivals win big at WWCFL final

The Saskatoon Valkyries celebrate a second WWCFL championship at Griffiths Stadium on Saturday night. MORGAN MODJESKI/METRO

After defeating the Regina Riot in the conference final, the Saskatoon Valkyries went on to win their second straight championship against the Lethbridge Steel Saturday night.

The Valkyries, who defeated the Riot 35-21 to advance to the WWCFL championship, finished their season strong against the Lethbridge Steel, winning 64-21.

Head coach Jeff Yausie said he was thrilled with the team's second championship.

"Any season where you win the last game of the year is an awesome season," said Yausie on the field at Griffiths Stadium in Saskatoon.

"We started this process back in February — we practised in gymnasiums and soccer centres — so at the end of the year when you play as well as we did, it's pretty rewarding."

He explained the second win for the Valkyries may send a signal to other teams in the league to improve their game and ramp up recruitment.

"The teams need to recruit more players. Unless you have enough players it's hard to practise properly and in an efficient way," said Yausie.

MORGAN MODJESKI/METRO

FOR MORE LOCAL NEWS, VISIT METRONEWS.CA

Scoreboard

Regina Riot vs. Saskatoon Valkyries 2012 scoreboard:

- **May 13.** Riot: 6, Valkyries: 36
- **June 17.** Riot: 16, Valkyries: 35
- **July 8.** Riot: 21, Valkyries: 35
- The Riot were strong competitors, beating every team they played except the Valkyries.
- The rivalry between the Riot and Valkyries was highlighted in a recent documentary titled Who Do You Hit For: The Story of the Regina Riot.

Central , Eastern Canada

Forest fires up

Extreme heat and dry conditions in parts of Central and Eastern Canada have led to a surge in forest fires, limits on water use, and concerns about crops.

Record temperatures for Ontario, Quebec and the Maritimes were set this summer. THE CANADIAN PRESS

Ribfest

Lightning sends 17 to hospital

Seventeen people were hospitalized with non-life-threatening injuries on Sunday after lightning struck a tent with hundreds of people inside at a food festival in Whitby, Ont.
THE CANADIAN PRESS

Sex-abuse scandal

Paterno's halo removed

An artist has removed a halo from a mural of football coach Joe Paterno amid Penn State's sex-abuse scandal. The artist added a large blue ribbon instead on Paterno's lapel symbolizing support for child-abuse victims. THE ASSOCIATED PRESS

A portrait of Sue and Joe Paterno by artist Bill Rettig.
GENE J. PUSKAR/THE ASSOCIATED PRESS

Alexandria, Egypt

Tower collapse kills 11

An apartment tower under construction collapsed on adjacent buildings in the Mediterranean city of Alexandria, killing 11 people, Egypt's Health Ministry said Sunday.

The ministry said five other people were injured and that search teams were searching for survivors buried under rubble.

The 11-storey building in the poor neighbourhood of al-Gomrouk collapsed late Saturday onto three adjacent buildings, reducing much of the structures to rubble. All the dead and injured lived in the three smaller buildings.

Building collapses are not uncommon in Egypt, where shoddy construction is widespread in shantytowns.
THE ASSOCIATED PRESS

Syrian conflict a civil war: Red Cross

Formal declaration. Announcement comes as UN observers investigate farm-village assault where dozens were reported killed

Quoted

"International humanitarian law applies to all areas where the hostilities are taking place."

Hicham Hassan, International Committee of the Red Cross spokesperson

Syria's 16-month bloodbath crossed an important symbolic threshold Sunday as the international Red Cross formally declared the conflict a civil war, a status with implications for potential war-crimes prosecutions.

The Red Cross statement came as UN observers gathered new details on what happened in a village where dozens were reported killed in a regime assault. After a second visit to Tremseh on Sunday, the team said Syrian troops went door-to-door in the village, checking residents' IDs and then killing some of them and taking others away.

According to the UN, the attack appeared targeted at army defectors and activists.

"Pools of blood and brain matter were observed in a number of homes," a UN statement said.

On Sunday, Syria denied UN claims that government forces had used heavy weapons such as tanks, artillery and helicopters during the attack Thursday in Tremseh.

Syrian Foreign Ministry spokesman Jihad Makdissi said the violence was not a massacre — as activists and many foreign leaders have said — but a military operation targeting armed fighters who had taken control of the village.

The UN has implicated President Bashar Assad's forces in the assault. The head of the UN observer mission said Friday that monitors stationed near Tremseh saw the army using heavy weaponry and attack helicopters.

The fighting was some of the latest in the uprising against Assad, which activists say has killed more than 17,000 people. Violence continued Sunday, with more clashes reported around the capital, Damascus.
THE ASSOCIATED PRESS

A residential area is submerged by torrential rain overnight in Kyoto, Japan, Sunday. KYODO NEWS/THE ASSOCIATED PRESS

Dozens dead, thousands cut off after floods, mudslides hit Japan

Thousands of people in southern Japan remained cut off Sunday by floods and mudslides triggered by torrential rains that have killed at least 26 people, local authorities said.

Evacuation orders issued a day earlier for a quarter of a million people were lifted in most areas Sunday as the rains subsided, allowing many people to return home.

But thousands remained cut off by landslides or fallen trees that blocked roads in mountainous areas.

More than 3,000 people were left stranded in Yame, in Fukuoka Prefecture in southwestern Japan, where roads were cut off to seven districts, the Kyodo news agency reported, citing local authorities. The Japanese military airlifted food by helicopters to stranded districts.

Local officials raised the death toll from the torrential rains in the northern parts of the Kyushu region to 26 and six people remain missing in Kumamoto, Oita and Fukuoka prefectures, Kyodo reported. Most of the victims were in their 70s and 80s.

In Yame, a 70-year-old man died after being caught in a landslide, while another man died in Yanagawa, also in Fukuoka, after being retrieved from a car at an irrigation channel floodgate, according to local authorities, Kyodo reported.

In Kyoto Prefecture, heavy rainfall of up to 90 millimeters per hour flooded around 100 houses each in Kameoka and Kyoto, THE ASSOCIATED PRESS

Vatican. Father of jailed butler defends son over leaked docs

The father of Pope Benedict XVI's imprisoned butler said in a letter published Sunday his son was honest and that he hopes the truth will emerge concerning the leaks of sensitive Vatican documents.

Andrea Gabriele's comments marked the first by relatives of papal butler Paolo Gabriele, who was arrested May 23 after scores of documents from the papal apartments were found in his Vatican City home. He is accused of aggravated theft and remains the only suspect in the case of leaked Vatican documents, which exposed corruption, infighting and power struggles in the Catholic Church's highest levels of governance.

While Andrea Gabriele defended his son, he hinted that the motivation behind the leaks was to expose wrongdoing for the sake of purifying the church. He said he hoped that Benedict's call to carry out "the necessary cleaning of the church" is realized.

In the letter, Andrea Gabriele insisted on his son's "great generosity and moral integrity." THE ASSOCIATED PRESS

Arab Spring. Canada froze billions in assets: Document

Canadian authorities red-pencilled almost $4.3 billion in suspect assets belonging to dictators, allegedly corrupt officials and others in response to the Arab Spring uprisings, newly disclosed documents say.

An RCMP briefing note says the national police force's federal policing branch worked with the Foreign Affairs Department, Public Safety, security intelligence agencies and Canadian banks to "identify and freeze" the assets.

Privacy law and the confidentiality surrounding investigative efforts means only a portion of the $4.3 billion can be discussed and accounted for publicly.

Access to information

- The note, obtained by The Canadian Press under the Access to Information Act, paints a picture of the extent to which Canadian officials toiled behind the scenes to drain the financial lifeblood of Arab dictatorships.

The Special Economic Measures Act (SEMA) allows cabinet to impose sanctions when "a grave breach of international peace and security" has occurred and likely will result in a serious crisis. THE CANADIAN PRESS

B.C. landslide. Search efforts continue for missing persons

Crews kept a close eye on the weather as it hampered search efforts for four people believed to be buried in a massive landslide in southeastern British Columbia.

Bill Macpherson of the Central Kootenay Regional District said the slope of mud, trees and other debris was deemed stable enough on Sunday for rescue workers to head back to the tiny community of Johnson's Landing.

As of press time, the search continued, although unstable weather conditions meant there was a chance it would be called off.

About 70 people from search and rescue, RCMP and other organizations had personnel participating in the search.

At least three homes were crushed by the slide in the tiny hamlet on Thursday.
THE CANADIAN PRESS

Valentine and Rachel Webber, shown in an undated photo, are among the missing. CONTRIBUTED

London Olympics.
Suspects on terror list not flagged, report says

Britain's Olympic security plans fell under fresh scrutiny on Sunday, with the Observer newspaper reporting that several people on a terror-watch list have been allowed through airport border controls without being flagged.

At the same time officials are still trying to calm the uproar over a security contractor's failure to provide its promised number of staff.

The report is the latest in a series of last-minute concerns to erupt as London prepares to host the games from July 27 to Aug. 12.

The paper said that, since the start of the month, immigration staff at Heathrow Airport had missed several people on a security watch list whose arrival in the country was meant to have been reported to counter-terrorism police or the domestic intelligence service.

The newspaper cited unions as suggesting that staff brought in to help relieve the pressure at Heathrow, which has faced recurring problems handling large influxes of passengers, weren't being properly trained.

Passengers at London's historic St. Pancras train station. CHARLIE RIEDEL/THE ASSOCIATED PRESS

The airport, Europe's busiest, has struggled to clear huge lineups at immigration checkpoints during peak times, leading to fears of Olympics-related chaos as tourists fly in to watch the games.

The report left it unclear whether the people on the watch list were still in the country or were intercepted later. THE ASSOCIATED PRESS

Two lawn chairs, 350 balloons, a million pounds of moxie

Oregon gas-station owner Kent Couch and Iraqi adventurer Fareed Lafta lifted off on Saturday from Couch's gas bar in an attempt to fly 360 miles to Montana. The flight was a warm-up for a future one planned in Iraq. Thunderstorms in the region forced them to abort the mission and they descended, safely, from 3,000 metres. The balloons represented the colours of the U.S. and Iraqi flags. JOE KLINE/THE BULLETIN/THE ASSOCIATED PRESS

Jason Kenney speech.
Teen questioner arrested at Conservative barbecue

A protester who made it into a Conservative party barbecue in Edmonton says he was dragged out of the event and arrested by police when he tried to ask Immigration Minister Jason Kenney a question.

Bashir Mohamed, 17, planned to confront Kenney about the federal government's cuts to refugee health care.

Mohamed said he was born in a refugee camp in Kenya and came to Canada with his parents when he was three.

He said he stood up and began to ask a question while Kenney was speaking, but was quickly grabbed by four men who pulled him outside.

He said police arrested him, but he was later released without charges.

"The police were very nice. They just wanted to figure out what was going on. I have nothing against the police," Mohamed said after he was released. THE CANADIAN PRESS

Suspected terrorist

Tip from foreign agencies led to Cyprus arrest

Information provided by foreign security services led to the arrest of a foreign national in Cyprus on the suspicion he was helping to plot a terrorist attack, police said on Sunday. They said the 24-year-old man remains in custody and is being investigated on charges relating to national security and terrorism. Radio reports said he is a Swedish passport holder of Lebanese origin, and that documents found in his possession detailed movements of Israelis on the island. THE ASSOCIATED PRESS

South China Sea

Chinese frigate weighs anchor off Philippines

Chinese navy ships safely removed a warship on Sunday from a disputed shoal off the western Philippines where it had run aground while on a security patrol and sparked fears of another standoff in the South China Sea. The frigate became stuck Wednesday night near the province of Palawan, prompting China and the Philippines to send rescue ships. Both countries were already locked in a dispute over another shoal off the northwestern Philippines. THE ASSOCIATED PRESS

Hard questions linger over Romney's business history

U.S. election. Obama campaign advisers hammer away at the Republican leader's income-tax returns, ties to Bain Capital

The political uproar over Mitt Romney's career as a businessman opened the U.S. presidential campaign week on Sunday as key advisers to the Republican candidate and U.S. President Barack Obama hammered away at the issue that is consuming the race for the White House.

Romney continues to struggle with charges that he remained in control of Bain Capital, the private equity firm he co-founded and the source of his massive fortune, well beyond when he contends he left the company in 1999 to run the Salt Lake City Olympic Games.

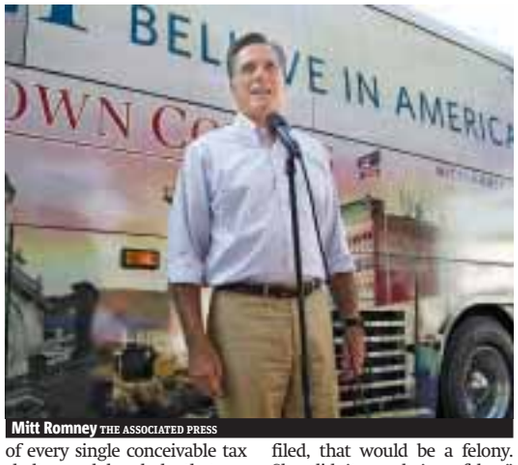
What's more, his campaign is encumbered by his failure to explain accounts he maintained overseas, in Switzerland, Bermuda and the Cayman Islands.

Romney said again in five television interviews on Friday that he had no intention of releasing any more federal income-tax returns, a fact that is fuelling the Obama campaign's message that the former Massachusetts governor has not been transparent about his financial history. Romney has released his 2010 return and a partial estimate for 2011. Past presidential candidates have provided far more information about their finances.

The 2012 race for the White House looks to be one of the closest in history and hinges, at this point, on which candidate can convince voters they are best suited to fix the stagnant U.S. economy.

The Obama campaign was refusing to let the Bain matter drop, keeping up the drumbeat that companies Bain invested in sent jobs overseas — the so-called "outsourcing" of jobs needed by Americans at a time of deep economic troubles at home. U.S. unemployment remains at 8.2 per cent and the economy is the top issue for voters who will choose between Obama and Romney in November.

Senior Obama campaign adviser David Axelrod said on CNN that he was not saying that Romney has "done anything illegal." Instead, he said Romney has "taken advantage of every single conceivable tax shelter and loophole that we can see."



Mitt Romney THE ASSOCIATED PRESS

He was trying to moderate remarks by Obama deputy campaign director Stephanie Cutter, who said Romney's having kept his name on company documents filed with the Securities and Exchange commission after 1999 could be a felony crime.

"She said if he was, in fact, not the chief executive, the president, the sole shareholder, and chairman of the company at the time and that's what was filed, that would be a felony. She didn't say he's a felon," Axelrod said.

The Romney camp has demanded an apology.

The issue of when Romney left Bain is relevant because of questions raised about the behaviour of the firm in the years after 1999, when the Obama administration contends it shut down some companies resulting in job losses and engaged in moving jobs overseas to low-wage countries such as China and India. THE ASSOCIATED PRESS

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Resource development

Aboriginals need resource say: Report

Canada's aboriginal communities have found a powerful ally in their bid to be treated as equal partners in the discussion about tapping the country's natural-resource wealth.

Big business wants them at the negotiating table, and is urging the federal and provincial governments to lend a helping hand.

A new report due Monday from the Canadian Council of Chief Executives, prepared for Canada's premiers in advance of their meeting later this month, urges governments to make aboriginal communities full partners in developing energy and mining projects.

THE CANADIAN PRESS

Chinese economy

China's premier says growth still within range

Chinese Premier Wen Jiabao says the country's economic woes will continue for some time, but that its slower growth will remain within the anticipated range. Wen's comments Sunday came two days after Beijing announced that economic growth had fallen in the second quarter to a three-year low of 7.6 per cent.

Wen added that the country's economic fundamentals remain favourable. He said the government will prioritize job creation and provide financial aid to companies suffering from slowing exports due to sinking overseas demand. THE ASSOCIATED PRESS

Confidential data

German tax officials reportedly target Coutts' Swiss unit

A German newspaper is reporting that authorities have purchased confidential data on suspected tax evaders who were clients of British private bank Coutts' Swiss unit.

The Financial Times Deutschland reports that officials in the western state of North Rhine-Westphalia paid 3.5-million euros for a CD containing the names of some 1,000 rich German clients.

Coutts, which has served as banker to the British Royal Family since the 18th century, said Saturday it had no evidence that client confidentiality had been breached. THE ASSOCIATED PRESS

Canada's e-domain turns 25

Oh, Canada. Online suffix has now grown to become the 14th largest registry out of 250 worldwide

How much can two letters accomplish in 25 years? Enough to become an entire country's online home and electronic national brand.

Few Canadians may have understood the significance of the .ca top-level domain when it first came into being in 1987, but a quarter-century later, few are left in any doubt.

The Canadian government, the bulk of the country's academic institutions and hundreds of sites that fuel national e-commerce are just a few of the two million domains that have chosen to append the .ca suffix to the end of their websites.

The man behind the .ca registry little envisioned such growth when he set out to carve out Canada's niche in cyberspace.

John Demco, then a computer science student at the University of British Columbia and now an industry consultant, said his decision to create the .ca suffix was driven largely by patriotism and a desire to make research easier.

As the Internet worked its way into more Canadian households, Demco watched his two-letter project grow to encompass some of the country's most prominent institutions.

THE CANADIAN PRESS

Myanmar farmers stand up for their rights

A group of farmers stage a protest rally in Yangon, Myanmar, on Sunday. The farmers near Yangon region are fighting back against confiscation of their farmlands by local authorities and businesses. The protest was the first public assembly to be held after the Myanmar government introduced the new Peaceful Assembly and Peaceful Procession Law last year. THE ASSOCIATED PRESS

Global finance. Canadian link to LIBOR scandal?

Canada's Competition Bureau is pushing ahead with its own probe of a mushrooming international scandal that has already ensnared a venerable British bank and forced the resignation of its chief executive.

Documents filed in an Ontario court suggest the bureau is investigating a possible Canadian link to the scandal that's rocking the world of global banking — financial skullduggery involving the manipulation of a key international interest rate known as the LIBOR rate.

One of the named parties — the Canadian branch of the Royal Bank of Scotland — has filed a court challenge on the grounds the bureau's actions are unconstitutional and well beyond the scope of its mandate. But the investigation hasn't stopped, said Gabrielle Tasse, a spokesperson for the bureau.

"I cannot speak to the investigation because we have to conduct our work privately, but our investigation is ongoing," Tasse said.

Quoted

"LIBOR is not the primary determinant of the cost of funds for Canadian banks ... but it might impact Canadian financial institutions."

TD Bank chief economist Craig Alexander

The alleged participants are the Canadian branches of Royal Bank of Scotland, HSBC, Deutsche Bank, JP Morgan Bank, and Citibank, as well as ICAP (Intercapital), an interdealer broker active in the wholesale markets in interest rates, credit, commodities, foreign exchange and equity derivatives.

The allegations have not resulted in any charges, and the documents do not indicate any alleged wrongdoing took place in Canada.

THE CANADIAN PRESS

Tech troubles. RIM loses $147.2M patent lawsuit

Just as the dust began to settle from a tumultuous annual meeting, Research In Motion was hit with another setback Friday as a northern California jury ordered the troubled BlackBerry maker to pay $147.2 million in a patent lawsuit.

The Waterloo, Ont.-based company was fresh out of Tuesday's meeting — which saw board members take some heat even as they hung on to their seats — when the verdict came down in the suit over a remote management system for wireless devices.

The decision comes at the worst time for RIM, which reported a first-quarter loss and delayed the release of its much-hyped BlackBerry 10 operating system until next year, an analyst said.

While the technology giant is no stranger to patent lawsuits, which are considered par for the course in the sector, this particular case didn't garner much attention until the verdict, Carmi Levy said Saturday.

"There's never a good time to lose a $147-million judgment in court but there certainly is a worst time and this clearly is it for RIM," he said in an interview.

By the numbers

$2B

RIM currently has $2 billion in cash reserves, but the $147-million penalty imposed in the patent case would certainly cut into that, analysts say.

RIM said it is "disappointed" the jury sided with the Delaware-based Mformation Technologies and is "evaluating all legal options."

"RIM has worked hard for many years to independently develop its leading-edge BlackBerry technology and industry-leading intellectual property portfolio, and RIM does not believe that the Mformation patent in question is valid," the company said in a statement Saturday.

THE CANADIAN PRESS

Ottawa. Rules keep MPs blind to spending: Report

A new report says arcane rules are keeping MPs in the dark about the billions in government spending they should be scrutinizing.

Members of Parliament receive conflicting, outdated information about how billions of tax dollars are being spent each year, and get little opportunity to review fiscal plans.

Just this spring, not a single House of Commons committee was able to report on its examination of some proposed spending because the information arrived too late — and the session clock ran out.

Those are some of the findings in a Commons report released without fanfare this month, even as opposition MPs railed against the Harper government for ramming through its omnibus budget bill without proper study.

The new report, from the all-party government operations committee, argues the federal budget arrives too late each year — and says the government should instead table it by Feb. 1 annually.

Budget officer

- The report also says MPs should consider whether to give the parliamentary budget officer, a thorn in the side of the Harper government, more power to deliver essential financial data to parliamentarians.

The report by the committee, chaired by New Democrat MP Pat Martin, is a non-partisan acknowledgment that parliamentarians are increasingly hogtied in their ability to review and approve government spending.

"We don't do a very effective job," vice-chair John McCallum, a Liberal MP, said in an interview. "There's a fundamental deficiency of information."

THE CANADIAN PRESS

THAT'S HUGE — THE PRICE, THAT IS

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Before the Riders-Lions game Saturday, with plenty of rah-rah and a dash of sis-boom-bah, the powers that be announced a new $278-million stadium will be built to replace the legendary but aging Mosaic Stadium.

The Riders were so inspired by the announcement they pulled off a stunning fourth-quarter victory and sent the Lions back to Vancouver with a giant thorn in their paw.

Meanwhile, the good taxpayers of Saskatchewan are fishing through the lint in their pockets to come up with the $180 million in grants and loans that will form the, er, lion's share of the sticker price. And the good taxpayers of Regina will have to fish harder to find an extra $73 million for their share.

Now here's the fine print. The stadium will seat 33,000 fans, which is fine, as these are the Saskatchewan Roughriders, and the fan base stretches from Moosomin to Maple Creek and all points in between.

Roofless

"Right now, you'll have to ride out the rain or shiver through the wind and the snow just like your fathers and grandfathers before you — and you'll like it."

But it will be an open-air experience, i.e. no roof. You'd think that for $278 million, this monument to bread and circuses would come with a roof.

Nope, that's for later, maybe. Right now, you'll have to ride out the rain or shiver through the wind and the snow just like your fathers and grandfathers before you — and you'll like it.

Or pretend to like it. Because there's no other option, especially since the feds withdrew their $100-million contribution in order to buy the taillights on an F-35 fighter jet.

So rather than wait, Regina Mayor Pat Fiasco, er Fiacco, led the cheer for the roofless alternative, flanked by the Riders Cheer Team and the premier (the premier was the one without the pompoms. "This is huge," he enthused. We're assuming he wasn't referring to the 30-year cost of the facility, which rounds off at $675 million.

The premier was a little less over the harvest moon. "We know the status quo wasn't on," he explained to a crowd of 32,000 in the open air, who were left trying to figure out how a new stadium seating the same number of people, also without a roof, is not the status quo.

One difference is that a ticket to one of those invigorating open-air experiences will include an increase to the "facility fee," bringing it to $12, and there's not much doubt the cost of a hotdog and a beer will escalate, although there are some days in November you're going to need a higher grade of antifreeze more than you'll need a beer.

So like or lump it. It's all Saskatchewan can afford. And with a final price tag of $675 million, you have to ask if Saskatchewan really can afford it.

A vote of Manx

They're not kitten around: U.S. town says its cat mayor is purr-fect for tourism

The mayor of a sleepy U.S. town is feline fine.

The part-Manx cat clawed his way onto the political scene of Talkeetna, Alaska, through a write-in campaign shortly after he was born 15 years ago.

KTUU-TV reported Friday that residents didn't like the mayoral candidates years ago, so they encouraged enough people to elect Stubbs as a write-in candidate. The town has nearly 900 residents.

Although his position is honorary, Stubbs' popularity is real. His election earned him enough press to catapult the town at the base of Mount McKinley into a tourist destination.

Residents say they're happy that their stubby-tailed mayor is promoting tourism. The general store where Stubbs hangs out says it gets dozens of tourists a day asking for him.

THE ASSOCIATED PRESS

Toy blocks stack up to be fine art

CHIANG YING-YING/THE ASSOCIATED PRESS

T-Rex is 'Lego'-like

Exhibits feature only Lego sculptures

A visitor looks at New York-based artist Nathan Sawaya's artwork dubbed "T-Rax," constructed with Lego bricks during The Art of the Brick exhibition in Taipei, Taiwan, on Sunday.

The exhibition, also on tour in North America and Australia, is the first to display sculptures made solely of Lego bricks.

Each exhibition uses almost one million Lego pieces to produce awe-inspiring creations.

THE ASSOCIATED PRESS

The artist, the man

- Growing up, Sawaya was always a creative child. From drawing cartoons, crafting stories, perfecting magic tricks, and obviously playing with Lego, he was able to discover his talent.
- He worked as a corporate lawyer until 2001, when he quit to take a job as a builder at Legoland — a job that paid only $30,000 US.
- He now works as a freelance artist and accepts commissions from celebrities, corporations and everything in between.

Does this Lego man look familiar?
CONTRIBUTED

Building blocks

"I buy all of my bricks just like everyone else. I spend over six figures on bricks annually. My local Target loves me."

Nathan Sawaya in a statement on his website, regarding the 1.5-million coloured bricks in his New York studio.

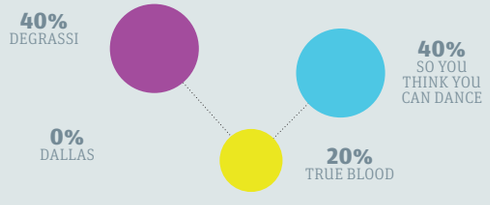
Check it out

brickartist.com

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your can't-miss TV show this summer?



Twitter

@AmandaMGirardin: Our stretch limo is having a hell of a time trying to get out of #Craven! We're making lots of friends tho! #YQR

@c_hodges: YQR just got a little less fun today. Chad Novak is withdrawing his candidacy from the Mayoral Election

@feztickle75: I was Chad Novak-neutral, but his campaign had been purely Twitter-based. Media shouldn't confuse Twitter prominence w/ household

@cairoBody: Looks like the #yqr wind is strong enough to blow us all the way back to #alberta today

@McManesMedia: Oh my lord #Regina pave your perimeter highway!

metro

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SCENE

Box office

Ice Age freezes out competition

With Batman lurking, the prehistoric critters of Ice Age: Continental Drift ran off with the box office, with the movie earning $46 million in its opening weekend. The 20th Century Fox animated film is the fourth in the decade-long Ice Age series and the first in 3-D. The studio's box office estimate Sunday for the North America performance of Continental Drift was on par with previous Ice Age movies but well below the opening weekend of the second installment, The Meltdown, which opened with $68 million. In its second week of release, The Amazing Spider-Man, Sony's reboot of the web-slinging superhero, earned $35 million, pushing it just past a total of $200 million domestically. The much-anticipated Batman sequel The Dark Knight Rises opens Friday.

THE ASSOCIATED PRESS

On the web

French far-right party to sue Madonna for video showing its leader with swastika

Batman royale

A quintet of actors have donned the cowl and taken up the mantle of film's guardian of Gotham City. While they all hide out in a cave and chase after deranged nutballs, there are many hues of grey in the Batman rainbow, from winking goofball to neurotic loner in need of Zoloft. The question is: If you needed to summon the Dark Knight (taping a bat emblem to a flashlight can work in a pinch), which iteration would you want strapping on the utility belt?

MIKE DOJC
scene@metronews.ca

Adam West

In spite of the barrage of Hollywood blockbusters that followed his tenure in the suit, the irreverent hero who saves the day by bam, zap, and ka-powing scores of henchmen remains the definitive Batman in much of the world. The '60s TV series and its companion movie were the height of camp. West delivered his kooky lines with deadpan sincerity, wearing the scripts overt corniness all over his polyester batsleeves and his underwear on the wrong side of his pants. But after West drank a cool glass of milk he could get to the bottom of any pun-ridden plot.

Après Batman Utility: West was offered the part of James Bond in Diamonds Are Forever and turned it down. Nowadays he voices Mayor Adam West, a nutty caricature of himself, on Family Guy.

Batarangs: 9 out of 10

Michael Keaton

When Keaton first got the nod to play Batman in the 1989 Tim Burton directed reboot, fan-boys griped that the star of Mr. Mom and Beetlejuice was an out-of-left-field choice. But Keaton would win over even the most persnickety of the bunch and reprised the role in 1992's Batman Returns. Despite a restrictive rubber bat suit that often made his movements appear stiff and wooden, Keaton clicked on all cylinders as the stoic vigilante plagued by the anguish of his parents' murder.

Après Batman Utility: Keaton's arched eyebrows turned up in a bunch in '90s movies but his output mellowed into the millennium as he started taking on daddy roles in forgettable fare like First Daughter and Post-Grad.

Batarangs: 8 out of 10

Val Kilmer

Kilmer had his hands full in 1995's Batman Forever. He was tasked with grooming an acrobatic sidekick and wooing a sexy psychologist all while squaring off against a pair of fiendishly insidious maniacs from his rogues gallery in Riddler and Two-Face. Kilmer was an assured and appealing Batman and gets top marks for looking a lot more like the comic book depiction of Bruce Wayne as a gallivanting playboy than his predecessors. Meanwhile, Kilmer's reportedly batty behaviour between takes had him at loggerheads with director Joel Schumacher. "Val is the most psychologically troubled human being I've ever worked with," he told Premiere magazine.

Après Batman Utility: While his 1990s heyday is well in the rearview, the now chubbier Julliard-schooled thespian continues to work steadily.

Batarangs: 7 out of 10

George Clooney

Clooney had the misfortune of starring in the nadir of Batman flicks and having the most anatomical suit complete with nipples. A critical and commercial flop, Batman & Robin meanders for 125 merciless minutes of canned dialogue, hokey one-liners, and senseless subplot overload. Clooney didn't do the movie any favours. He failed to capture the spirit of the character and comes across as way too dull and well adjusted to be believable as a modern version of the World's Greatest Detective. Compared with the previous two Batman incarnations, he is Papa Smurf in a cape with some kung-fu moves.

Après Batman Utility: Clooney was still doing ER when he shot Batman's biggest clunker. Despite his tarnishing of the bat-cowl, his Hollywood heavyweight years were still ahead of him.

Batarangs: 3 out of 10

Christian Bale

The first time Bale pulled on the Batman costume he freaked out. "The claustrophobia was just unbelievable," said Bale at a recent press conference for The Dark Knight Rises. "I stood there and I thought, 'I can't breathe. I can't think. This is too tight, this is squeezing my head. I'm about to have a nervous breakdown." Once he got his bearings Bale plumbed the darkest and most tortured corners of the D.C. character's psyche for inspiration. Unfortunately his thorough probe also produced his ridiculous snarl. Bale makes Batman sound like a guy in the witness protection program being interviewed on Dateline. He should try a duet with Tom Waits with that gravelly tone.

Après Batman Utility: While Christopher Nolan's Batman trilogy has kept Bale busy, he's also managed to work his magic in The Prestige and take home a best supporting actor Oscar for his turn in The Fighter.

Batarangs: 7.5 out of 10

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A very Gaga sleepover

Lady Gaga reportedly hosted a sleepover at the Chateau Marmont with fellow 26-year-olds Lindsay Lohan and singer Lana del Ray, spending the evening "watching old movies and playing board games," sources tell X17.

"The three of them had dinner in the garden on Tuesday night at Chateau, and then Lindsay and Gaga ran upstairs to play dress-up and came down in different outfits," a source says. But judging by Gaga's Twitter feed, Lohan wasn't eating much.

"When you ordered a cucumber and a knife to the bar last night, I thought your were going to perform a vasectomy. Just a skinny b—," the singer tweeted to Lohan the next morning.

Charlie Sheen

Charlie has left the Twittersphere

After using the social media site to keep his career going after getting fired from Two and a Half Men, Charlie Sheen has quit Twitter.

The account boasted 7.7 million followers and had also been a useful tool for promoting his new sitcom, Anger Management, but apparently Sheen has other plans.

"Thank you all for your amazing support," Charlie tells TMZ. "Trust me when I say please 'follow' me to my next endeavor. It's gonna be epic."

Proving to be a man of his word, his Twitter account has been deleted, with just an error message reading, "Sorry, that page doesn't exist" remaining.

Catholic school for Suri

Now that she's under Katie Holmes' watch, six-year-old Suri Cruise will be attending an all-girls Catholic school in Manhattan this fall, reports the L.A. Times. Suri, who was previously home-schooled, was rumoured to be staring down a Scientology-flavoured education before Holmes filed for divorce from Tom Cruise. Thankfully, she'll be safe from the clutches of Xenu at Convent of the Sacred Heart.

The Word

Zombie apocalypse even more doomed

MONICA WEYMOUTH
scene@metronews.ca

Even for a zombie film, things are getting messy on the set of World War Z. After rewrites, the price tag is inching towards $170 million, and the studio still isn't happy with the ending, according to Vulture.

It's so tense that Brad Pitt — who stars as a UN employee tasked with interviewing survivors after a worldwide zombie attack — is rumoured to no longer be on speaking terms with director Marc Forster, who may be replaced for upcoming reshoots.

"They have to be careful, because the (Directors Guild of America) has strict rules that say Forster has to be there on the set," a source a source tells the site. "But someone is likely to be brought in to help direct the new action scenes."

The highly anticipated horror film, of course, has a history of trouble. Producers passed on shooting in Philadelphia — where the story is set, for obvious reasons, but the zombies are unionized — and instead set up shop in Glasgow, which has a pesky sense of hope in the air.

Hope Solo. ALL PHOTOS GETTY IMAGES

What really goes on in the Olympic Village

The world's best athletes engage in a very adult form of exercise in the Olympic Village, if U.S. gold medallist Hope Solo is to be believed.

"There's a lot of sex going on," she tells ESPN. "With a once-in-a-lifetime experience, you want to build memories, whether it's sexual, partying or on the field. I've seen people having sex right out in the open. On the grass, between buildings, people are getting down and dirty."

And according to the incredibly forthcoming soccer player, shenanigans at the Beijing Olympics in 2008 weren't just between athletes and other athletes.

"I may have snuck a celebrity back to my room without anybody knowing, and snuck him back out," Solo teases. "But that's my Olympic secret."

And late nights are apparently the norm — or at least they were during in Beijing.

"When we were done partying, we got out of our nice dresses, got back into our stadium coats and, at 7 a.m. with no sleep, went on the Today show drunk," Solo says. "Needless to say, we looked like hell."

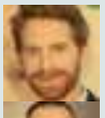
Stallone's son found dead

Sylvester Stallone's 36-year-old son, Sage Moonblood Stallone, was found dead in his Los Angeles apartment Friday, with a suspected overdose of prescription medication the cause, according to People magazine.

There were no signs of foul play or forced entry, police officials say, and Sage's body had reportedly been in the apartment undisturbed for three days.

"Sylvester Stallone is devastated and grief-stricken over the sudden loss of his son Sage Stallone," a rep for the actor said in a statement. "His compassion and thoughts are with Sage's mother, Sasha. Sage was a very talented and wonderful young man, his loss will be felt forever."

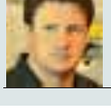
Twitter



@SethGreen
Besides being the undisputed king of con, Joss Whedon can really tear up the dance floor.

@BryanCranston
4500 screaming BB fans @Comic Con panel. WOW! The whole cast was blown away by the love. Thank you all for a great nite

@AnnaKendrick47
Just helped a girl in the ladies room with a zombie makeup emergency. Oh Comic Con.... I love it here



@NathanFillion
Sat in two generations of Batmobiles with Spartacus today. I have truly lived.

3 LIFE

Body image

Teen Vogue snubs protestors

Two girl crusaders who staged a mock red carpet show against Teen Vogue said their meeting with the magazine's top editor was brief and chilly.

The two met with editor-in-chief Amy Astley for less than five minutes last week, when they delivered a petition bearing more than 28,000 signatures after their Times Square protest near the offices of the magazine. Astley did not talk to Emma Stydahar, 17, or Carina Cruz, 16, about their request for Teen Vogue to declare in its pages that it doesn't digitally manipulate images. Instead, the girls were given copies of Teen Vogue and told to use them to learn more about the magazine.

"It was kind of shocking how rude they were to us," Carina said in a statement released by their all-girl activist group, SPARK Movement.

The magazine released its own statement. "We are always open to readers' feedback and were receptive to meeting with Emma and Carina to give them an opportunity to discuss their concerns," it said a day after saying it makes a "conscious and continuous effort to promote a positive body image among our readers."

THE ASSOCIATED PRESS

On the Web

Good-natured dogs from NYC and Virginia get married at $158,000 extravaganza for charity

They had an abortion pact

Genetics. If you knew your child would have a genetic disorder, would you abort?

KOA BECK
mommyish.com

With whole genome genetic testing, some women say they would abort a baby with a disability. THINKSTOCK

When Rachel and her husband learned that they were pregnant, they began to weigh the possibility of having a child with a severe genetic disorder.

Conceiving at the "advanced maternal age" of 35 years old, Rachel was aware that both she and her husband, aged 40, were at a higher risk for having a child with down syndrome, among other conditions.

They decided that should their fetus test positive for a severe genetic disorder, they would choose abortion.

In retrospect, the now mother to a healthy baby boy says that she and her husband mainly considered quality of a life and what the baby would ultimately prefer.

"We had to ask ourselves what we would want if we were the fetus. Life is challenging enough when you have all of your physical and emotional capacities in check," she says.

A controversial form of testing

Emotionally, both pro-choice parents worried they could not be a sturdy support system to a struggling child. The fear of failing a suffering kid caused both Rachel and her husband multiple panic attacks as they readied their life for a new addition.

Financial components also had husband and wife realizing that they couldn't afford treatment for severe disabilities. At the time they found themselves pregnant, Rachel had started a new business and her husband was a teacher.

Rachel's pact with her husband mirrors concerns some doctors have about the availability of noninvasive genetic testing. Between daddy's saliva and mommy's blood, scientists can now access a baby's entire genome with a peek into mutations that cause autism.

Other developing blood tests can determine a baby's likelihood to be born with down syndrome following just a few weeks after conception. And understandably, doctors are concerned for what ethical territory some parents are willing to foray into.

Dr. Arthur Caplan told ABC News that parents obtaining accurate genetic information about their unborn "will be among the most controversial forms of testing ever to appear in medicine as the debate over abortion and disabilities shift to whole genome genetic testing."

Marcy Darnovsky, associate executive director of the Center for Genetics and Society, told The New York Times the accessibility of tests will cause "who deserves to be born" dialogues between parents and doctors.

"It is a very personal choice"

Nevertheless, Rachel is contemplating expanding her family once again with the same approach in mind. This time both she and her husband will be even older. "If we did, or do in the future, have another child and they are born with a disability, we would raise them to the best of our ability and give them all the love we have to give. However, given the choice, we would allow a healthier spirit to come into the world at another time.

"It is a very personal choice and never an easy one," she adds. "There is nothing easy for women, pro-choice or not, about terminating a pregnancy. There will inevitably be an emotional hurdle to go over."

I'm a mom and a smoker, OK?

RECEBBA ECKLER
mommyish.com

I'll huff and I'll puff. THINKSTOCK

Like a lot of mothers, actress Hilary Duff — who was recently caught holding a cigarette — probably smokes. Duff was trending on Twitter last week because the new mom was holding a butt. People, it seems, are mad at her because not only was she caught with a butt but she's a new mother, which somehow makes it worse.

Duff apologized and insisted she was holding the cigarette for a friend. "It looks worse than it is," she said. Honey, it's OK. Just say you're trying to quit.

I know this feeling because I, too, am a part-time smoker. I am not proud of this. Starting to smoke was the worst thing I have ever done, especially since I started smoking in my 20s, which is way past the time anyone with half a brain should start to smoke.

I have a group of friends — all mommies — who know I smoke, because they smoke, too. Sometimes, I feel like my house is a day care for smoking mommies. But, like Hilary Duff, no mother I know wants anyone to know she smokes.

The problem with mommy smokers is that while it only takes a few minutes to have a cigarette, it takes twice as long for the after cigarette process.

This includes watching friends wash their hands and faces manically, Purell their hands, spray themselves with body spray, suck back mints or pop in a piece of gum and take off their "smoking" sweater, which they put on to cover their clothes before they light up. They also always tie their hair back.

The point is all mothers already know that smoking is disgusting.

Not that I'm judging Duff. I think she needs to hide her habit a bit better. I'm suggesting she does what the rest of my mommy smoker friends do, which is stop by my place and use my backyard or go into an alleyway.

Because after all, Hilary Duff, you're a new mother.

First meal of the day at camp just got more exciting

For some campfire infused fare try earthy Fried Eggs with a Medley of Sweet Peppers. While your package of peppers steams on the grill, fry a couple of eggs in a cast-iron skillet over the fire — your eggs will have never tasted better.

This recipe serves six. EGG FARMERS OF ONTARIO

Ingredients

Peppers
- 1 each red, yellow, orange and green sweet pepper, seeded and thinly sliced
- 1 large red onion, thinly sliced
- 4 cloves garlic, thinly sliced
- 4 sprigs of dried rosemary
- 3 tbsp (45 ml) extra-virgin olive oil
- ½ lemon, juiced
- ½ tsp (2 ml) salt and pepper

Eggs
- 2 tbsp (25 ml) butter
- 6 eggs
- Salt and pepper

1. In bowl, toss peppers, red onion, garlic, rosemary, olive oil, lemon juice, salt and pepper until combined.

2. Divide mix between 2 sheets of heavy duty aluminum foil. Roll to form package. Wrap each again securely in another sheet of foil to double wrap.

3. Place packages on greased grill over hot coals of campfire and cook, turning once, until peppers are tender, 12 mins.

4. Meanwhile, melt butter in large cast-iron skillet. Crack 3 eggs into skillet and sprinkle with salt and pepper.

5. Let eggs cook until whites begin to turn opaque, 3 mins. If you wish, turn eggs over and continue cooking, just until yolk begins to set, about 1 min. Repeat with remaining eggs.

6. To serve, divide pepper mixture on plates and place an egg on top of each serving of peppers. **EGG FARMERS OF ONTARIO**

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Breakfast on the run? Tim Hortons has plenty of choices. However, not all breakfast items are created equally nutritious.

Tim Hortons 12-grain bagel with cream cheese

474 calories/ 23 gm fat
Twelve-grain sounds incredibly nutritious, but the weight of the bagel alone and high fat cream cheese are the culprints here.

Equivalent

One 12-grain bagel with cream cheese from Tim Hortons is equal to 15 Blue Menu granola bars in calories. You're better off getting your fibre elsewhere!

Tim Hortons Breakfast Sandwich with Egg and Cheese

280 calories/ 11 gm fat
The English muffin is a better choice in terms of fat and calories.

Whole-Grain Apple & Ham Breakfast Casserole

Assembled entirely the night before, this warm and satisfying breakfast casserole has all the makings of a great start to the day — whole-grains, lean protein, even some fruit.

All you have to do in the morning is turn on the oven and pop the casserole in for a few minutes.

1. The night before, in a medium casserole dish toss together the ham, apples, bread cubes and cheese. Set aside.

2. In a medium bowl, beat together the egg whites and fat-free half-and-half. Pour the egg mixture over the bread and meat. Use a fork to gently press the bread to help it absorb the liquid. Sprinkle the Parmesan cheese over the casserole. Cover the dish with foil and refrigerate until morning.

3. When ready to bake, heat the oven to 375 F. Bake the casserole, covered, for 20 minutes, then uncover and bake for another 10 to 15 minutes, or until puffed and golden brown. **THE ASSOCIATED PRESS**

Ingredients

- 4 oz deli-sliced ham, chopped
- 3 apples, peeled, cored and diced
- 6 slices whole-grain bread, cubed
- 1/2 cup low-fat shredded cheddar cheese
- 8 egg whites
- 3/4 cup fat-free half-and-half
- 1/4 cup grated Parmesan

Breakfast Flatbread: Right way to start your woodsy adventure

With a bit of planning and organization you can eat delicious, hearty meals, even in the woods!

These breakfast flatbreads are made using store-bought pizza dough and are simply cooked on a grill over a fire.

This recipe serves five. EGGS FARMERS OF ONTARIO

Ingredients

- 1 lb (500 g) store-bought whole wheat pizza dough
- ⅓ cup (125 ml) extra-virgin olive oil
- 3 cloves garlic, crushed
- 1 pkg (200g each) fresh mozzarella, thinly sliced
- 2 cups (500 ml) baby spinach leaves
- 4 large ripe tomatoes, thinly sliced
- 5 eggs
- Salt and pepper

1. In saucepan, heat oil and garlic over medium heat, about 4 minutes. Let sit 10 minutes. Strain, let cool. Discard garlic

2. On floured surface, divide dough into 5 equal portions. (You can use cutting board, when camping).

3. Shape each portion of dough into approximately ½ -inch (1.5 cm) thick rustic 7-inch (18 cm) disks. Put disks on a lightly oiled rimmed baking sheet. Dust top with flour and, top with sheet of oiled parchment paper.

4. Slide dough rounds, on outdoor grill and cook over the fire. Cook each disk, one at a time, cook about 30 seconds or until grill marks appear on bottom of rounds, turn and grill on other side, about 1 minute. Transfer to clean work surface.

5. Brush each flatbread with garlic and oil. Top with mozzarella slices, spinach and tomatoes. Break 1 egg into center of each flatbread.

6. Season flatbread with salt and pepper. Cover grill with greased foil paper and slide flatbread back onto greased aluminum foil on grill and cook tented with tinfoil until cheese is melted and egg is set, about 8 minutes. Remove from heat and let stand for 2 minutes before cutting. Continue process until all Breakfast Flatbreads are finished. **EGG FARMERS OF ONTARIO**

‘Sometimes we need a little help and inspiration’

Girl Power. Meredith Shaw is helping females find their own voice

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

“It’s awesome when you get what you want to do most in life.”

For Meredith Shaw that’s making music. The singer-songwriter has been performing most of her life and got her big break when Gordie Johnson of reggae-rock band Big Sugar took her under his wing. Johnson produced her CD Place Called Happy and invited her to tour with his band.

“Between touring with Big Sugar, doing my solo shows, hosting my radio show (with Toronto’s Boom 97.3) and muffymade (her greeting card company) it’s been incredible. I’m so grateful.”

Meredith’s single, Girls Who Believe is a hit and now she’s reaching out to inspire other young girls to go after their dreams. She’s launched a Canada-wide contest for girls to appear in her next video.

“Whatever they want to go after in life I want to show them they can. For me it’s music, for them it could be being a dentist, owning a business or being a mom. Sometimes we need a little help and inspiration.”

Calling all girls who believe. Send Meredith your video! “I want to celebrate and do it together.”

Aspiration inspiration

“Whatever they want to go after in life I want to show them they can.”
Meredith Shaw

Meredith Shaw, singer-songwriter, radio host and business owner. PROVIDED

Dream it, be it

Are you a girl who believes?

- Upload a video (three minutes max) to YouTube telling Meredith why you are a girl who believes.
- Send the link to girlswhobelieve@gmail.com
- All Videos are due by August 13, 2012 at 12 a.m.
- The winner will receive a cameo in the Girls Who Believe music video; a piece of Believe bling by Rock and Reverie and a $250 donation in your name to charity, Girls Inc.
- Contest open to girls between 11-17 years of age.

Work wardrobes that actually work

Dress for success. How to keep your attire professional while maintaining your personal style

BRUCE WALSH
Metro World News in Philadelphia

SooJin K. Chu is the founder of Swagger & Glide, a Boston-based personal shopper/fashion consultant company.

Chu specializes in customizing wardrobes to specific professional environments while incorporating personal taste.

What’s the first thing you address when working on a client’s professional wardrobe?

Most people don’t realize that the way your clothes fit is a huge part of how you’re perceived by others.

If the shoulders of your suit are ridiculously big, you’re giving the impression that you don’t belong in it — like you borrowed your dad’s suit.

Want to boost your confidence around the office? Suit yourself. ISTOCK

So I work a lot with my clients on making sure the clothes you have on really do fit you and your body type.

How do you balance feeling like yourself and fitting into a business environment?

Sometimes people want to hold on to how they dress as their own creative outlet.

And I encourage that in small doses: a fun tie, suspenders instead of a belt or an unusual pair of socks. But, especially with first impressions, nobody ever says, “This person looks too professional for this setting.”

Is there a purpose to dressing for work, beyond just getting the job and looking professional?

Oh yes. For starters, if you make yourself stand out in a work environment that creates a subconscious reaction in others: You feel less approachable to them. At the same time, you don’t want to feel like you’ve lost your personality. You want to let yourself think outside of the box. It’s a constant balance.

What to buy?

Personal stylist SooJin K. Chu recommends the following for a professional wardrobe starter closet:

- **Men:** Total budget: $3,000, including one amazing suit ($600-$800), a pair of terrific shoes, eight dress pants and a lot of really good shirts
- **Women**: Total budget: $2,500, including six dress pants, three to four skirts, three jackets and “a whole mess of blouses.”

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NFL

Brees signs historic 5-year, $100M contract

Drew Brees has passed his physical and signed his historic $100-million, five-year contract with the New Orleans Saints.

The star quarterback agreed verbally to the deal Friday. He visited team headquarters Sunday to put pen to paper on a contract that gives him the highest average annual pay in NFL history.

THE ASSOCIATED PRESS

Drew Brees signs his new contract Sunday in Metairie, La. NEW ORLEANS SAINTS/THE ASSOCIATED PRESS

MLB

Roy Halladay set to return to the Phillies rotation

Phillies ace Roy Halladay is scheduled to be activated from the 15-day disabled list Tuesday and start the game that night against the Los Angeles Dodgers.

The right-hander has been sidelined by a strained right lat muscle since May 28. Team officials announced the plans Sunday.

Halladay is 4-5 with a 3.98 ERA in 11 starts this season. He left his May 27 start against St. Louis early because of shoulder soreness. A subsequent MRI revealed the muscle strain in the back of his right shoulder.

THE ASSOCIATED PRESS

Pitcher Carlos Villanueva, left, confers with J.P. Arencibia Sunday at Rogers Centre in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Villanueva digs deep to deliver win for Jays

MLB. Toronto starter gets career-high eight strikeouts vs. Indians

Carlos Villanueva was out of gas and almost out of time, so what's a tired pitcher to do with his last offering of a game?

Throw something no one's really expecting and hope for the best.

Villanueva, giving the Blue Jays the outing that they needed, fanned Cleveland's Casey Kotchman with two out and two on to end the sixth inning at the Rogers Centre on Sunday, the key out to quell the final uprising as Toronto blanked the Indians 3-0 before an announced crowd of 26,407.

Sunday's game

Blue Jays	Indians
3	0

And the big out came in part by blind luck.

"Sometimes there's nothing better than a good old backup slider. I think it surprised everybody, me, him, J.P. (Arencibia behind the plate), everybody," Villanueva said after he set a career high with eight strikeouts to run his record to 4-0.

"That's why he swung through it, it was such a bad pitch.... Didn't know where it was going to go and he swung through it. I don't really care how it happens, it got the last out."

Villanueva gave the Blue Jays six innings before Jason Frasor worked the seventh.

The 28-year-old Villanueva gave up only three hits, never more than one in an inning, and pitched himself out of a couple of ticklish situations.

The Jays gave Villanueva a bit of a cushion with a three-run third inning, helped by a bout of wildness from Indians starter Derek Lowe.

Kelly Johnson singled, stole second and went to third when the throw from Cleveland catcher Carlos Santana sailed into centre field to lead off the third.

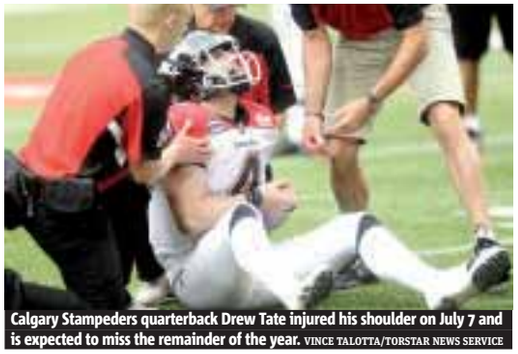
Johnson scored on an Arencibia single, Arencibia eventually came in on a Colby Rasmus single and after a Jose Bautista single, Lowe walked Edwin Encarnacion and Adam Lind back-to-back to force in the third Blue Jays run. THE CANADIAN PRESS

Santos done for season

The Toronto Blue Jays will need to wait until next season to see if Sergio Santos is the closer they hope he is.

- Santos will undergo season-ending shoulder surgery after he felt discomfort during a throwing session Saturday.
- A timeline for the 29-year-old's return won't be established until after the surgery is completed.

Surgery likely spells end of Tate's season



Calgary Stampeders quarterback Drew Tate injured his shoulder on July 7 and is expected to miss the remainder of the year. VINCE TALOTTA/TORSTAR NEWS SERVICE

Calgary Stampeders quarterback Drew Tate is expected to miss the remainder of the CFL season after electing to undergo shoulder surgery.

The team announced on its website Sunday that Tate will undergo the surgery after dislocating his non-throwing left shoulder during Calgary's 39-36 loss to the Toronto Argonauts on July 7.

The surgery will be performed by Dr. James Stewart, the Stampeders' orthopedic surgeon.

"Drew stopped by my office this morning and told me about his decision to have his shoulder operated on," said head coach and general manager John Hufnagel in a statement posted on the team's website. "We are here to support Drew in his recovery and look forward to having him back on the football field in four months. Obviously, we will do everything we can to help Drew in his road to recovery."

Tate dislocated the same shoulder during the 2011 preseason.

In two regular-season games this season, Tate was a combined 30-for-41 with 363 yards in passing and two touchdowns.

Veteran Kevin Glenn has stepped into the starter's role but threw a key interception on Friday that cost Calgary in its 33-32 loss to Montreal.

THE CANADIAN PRESS

Filling the void

Kevin Glenn, Brad Sinopoli and Bo Levi Mitchell make up the QB corps on the Stampeders' active roster.

4 SPORTS

Cycling

Tour de France marred by saboteurs

Tacks thrown onto the route of Sunday's 14th stage of the Tour de France caused punctures for about 30 riders and at least one accident that forced a rider to quit the race, and organizers have asked police to investigate the incident. Race director Jean-Francois Pescheux said the small metal tacks were spread out over the course of about one kilometre during the climb up the Mur de Peguere. Astana rider Robert Kiserlovski had to drop out of the race after breaking his collarbone in an accident related to the tacks. Luis Leon Sanchez of Spain won the stage, while Bradley Wiggins retained the yellow jersey.

THE ASSOCIATED PRESS

Mobile sports

With the crowd roaring, Padraig Harrington got so excited after holing the 18th green at Royal Lytham and St. Annes in 1996 that he forgot what he was doing. Scan the code to find out why Harrington and other golfers say the British Open is "like no other major."

Jennifer Abel works out at Montreal 1976 Olympic Pool in Toronto in April. STEVE RUSSELL/TORSTAR NEWS SERVICE

Abel's mind all clear heading into London

Diving. Laval, Que., diver in fine form heading into second Games at age 20

Every Olympics provides us with a belle of the ball.

All of these athletes are so young, so unaffected, so uncommonly nice. We like a bit of growl from a pro, but the Olympics is a social experiment proving to us that you don't have to be fitful and snarling to be great at something.

There are a wide variety of Canadian candidates for that role in London, but few have the elfin charm of Laval, Que., native Jennifer Abel.

When she walks into a room, Abel does so on her toes, like a dancer. She has that open, slightly sideways smile designed for maximum, childlike endearment. She is shy, especially when speaking English.

"I have been taking an English course," Abel says. The accent is hard, all Quebec. She pauses. "Class? Course? Do you say 'class' or 'course'?"

Either, which proves that it's working.

Canada is not a factory producing child divers. Abel was one of the youngest ever when she earned a senior spot at age 15, and an Olympic berth at 16. She placed a very respectable 13th on the three-metre board in Beijing.

While Canada's diving team is still associated with two long-serving veterans — Emilie Heymans (Abel's three-metre synchro partner) and Alex Despatie — it is Abel who comes in on the best run of form.

She did not miss a podium during the 2011 season on the three-metre board. She won a bronze at the world aquatics championships in that event and a silver with Heymans in synchro. Along with freestyle distance swimmer Ryan Cochrane, Abel was named Canada's 2011 aquatic athlete of the year.

This sort of achievement obviously requires focus, but Abel comes across as a dreamy sort.

Quoted

"The time I'm in the air seems so long. Sometimes it feels like I have to think about everything.... It feels like my life passes in front of me before I hit the water."

Jennifer Abel

When she was about 12, she skimmed the board with her head on a rotation during practice. It fixed in her a fear of hurting herself during a dive (ask Despatie about how real that feeling is). She decided she was done with diving. Her family and coaches coaxed her back to the pool. And she adapted to that fear in an odd way. While most divers spend the moments before their dive running through its many complications, Abel does the opposite.

"Nothing. I'm thinking nothing before. If I try to visualize, I will visualize that I am hurting myself," Abel says.

She brought that looseness to Beijing. There are a thousand good reasons why someone doesn't do as well as they might have dreamed they could. Like the rest of us, Olympians are not realists. They know their place well before they arrive, but cling to the idea that the unrealized breakthrough could happen at the perfect moment.

Sometimes, the hope confuses the reality. Many speak of their first Olympics as a teachable moment that has nothing to do with sports, and everything to do with adaptation to the stage itself.

Abel won't allow herself to think that way.

"In Beijing, I wasn't nervous at all. I didn't pay attention to anything, to how big it is," she says. "But now I know. Last time I came 13th. All I want to do is beat that place."

TORSTAR NEWS SERVICE

Back on the board

Canadian diver Alexandre Despatie has cleared a psychological hurdle in his comeback from a head injury.

- On Friday, he completed the dive that landed him in hospital with a concussion last month and put his London Games preparation in jeopardy.
- "Today has been a memorable one!" Despatie said on Twitter. "This morning I did 'THE' dive again..It went well! I was a bit emotional after..But a big step for me! #proud."
- The 27-year-old from Laval, Que., smashed his head during practice in June, leaving a 10-centimetre gash near his hairline that required surgery. THE CANADIAN PRESS

Alexandre Despatie GETTY IMAGES FILE

Suspension overturned

IOC changes tune on Kuwaiti flag

The IOC lifted a ban on Kuwait's Olympic Committee, allowing the athletes from the Gulf emirate to compete under their country's flag at the London Games.

The International Olympic Committee suspended Kuwait in 2010 because of political interference. The IOC said in May that Kuwaiti athletes would be allowed to participate at the Games despite the dispute, but would have to compete and march in the opening ceremony under the Olympic flag. THE ASSOCIATED PRESS

Racism allegations

Aussie Steffensen threatens to sit out after 400m snub

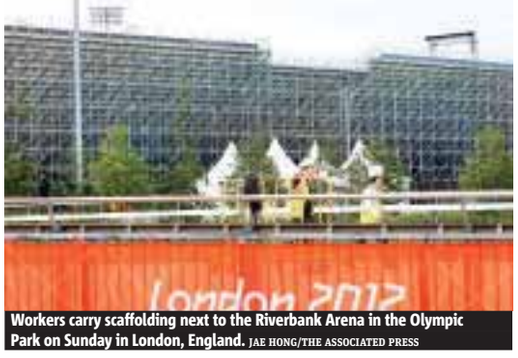
Australian track athlete John Steffensen has threatened to boycott the London Olympics after alleging racism because he was not selected individually to run the 400 metres and was given only a relay spot.

Steffensen, in a television interview, accused Athletics Australia of racial vilification and said he would bypass the Games in protest. The dual Commonwealth Games gold medallist was upset after an individual 400 berth was granted to teenager Steve Solomon, a runner who also achieved a B-qualifying time.

Steffensen was selected only as a member of Australia's 4x400 relay team. THE ASSOCIATED PRESS

John Steffensen GETTY IMAGES FILE

Organizers sprint to complete finishing touches



Workers carry scaffolding next to the Riverbank Arena in the Olympic Park on Sunday in London, England. JAE HONG/THE ASSOCIATED PRESS

With the opening ceremony less than two weeks away, there's a mad dash to the finish line at the Olympics and it has nothing to do with sprinters.

Hundreds of construction workers are toiling away inside the Olympic Park, laying cables, installing seats and adding the last layers of sparkle and polish to the venues.

There's plenty to do.

"It's looking a bit industrial isn't it?" said Chris Allen, a local who came to the edge of the park to have a look. "I am not seeing England's green fields. I do hope it's going to look better."

Shades of Athens, where chronic delays pushed workers to the brink to complete preparations in time for the Games to start in 2004? Hardly, say London organizers, who have prided themselves on finishing their massive construction project ahead of time and on budget. Things may look a bit messy now, they say, but all will be fine by the time the curtain goes up on July 27, when the torch is lit.

"We're not at the stage yet where we're ready to flick the TV on," James Bulley, director of venues for the organizing committee LOCOG, told The Associated Press. "The athletes aren't ready to start competing yet, either. We want all our venues to look absolutely spectacular and pristine.

"The venues are ready. We're now just doing the final setup for the Games. We're in a good place. We're on track. There's nothing I'm worried about."

The last few weeks and days are all about putting up signs, fitting in the remaining seats and completing the landscaping. THE ASSOCIATED PRESS

Quoted

"They look unfinished before you get there. But the venues are ready. They've been tested."

Andrew Boff, a member of the London Assembly and vocal critic of the Olympic project.

Horoscopes

♈ Aries
March 21 - April 20
You have wasted far too much time on issues that in the greater scheme of things just do not matter. That needs to change. It's time to get serious about what is truly important in your life, starting with your family.

♉ Taurus
April 21 - May 21
You know what you want and you know how to get it and come the new moon on Thursday it will be in your possession. When it comes to satisfying your physical and emotional desires, nothing gets in the way!

♊ Gemini
May 22 - June 20
No matter what you are going through at the moment you know what needs to be done to remedy the situation. So do it. Others will come to you with their problems too but they must be told to wait.

♋ Cancer
June 21 - July 22
You don't lack for opinions and over the next few days you won't lack for the confidence to express them. Just make sure that everything you say is based on genuine facts. Wishful thinking is not good enough.

♌ Leo
July 23 - Aug. 22
Some things will make no sense at all over the next few days. Should you be worried? Not really. There is a method behind the apparent madness of current events — it's just that you can't quite see it yet.

♍ Virgo
Aug. 23 - Sept. 22
The closer you get to Thursday's new moon the sharper your vision will be. Your inner vision too will be clear and strong and you'll know without a shadow of a doubt what needs to be done. So do it.

♎ Libra
Sept. 23 - Oct. 22
Get serious about your aims and ambitions this week. Even if you are the type of Libra who finds it hard to be decisive you will be motivated to start something new over the next few days. Make it big.

♏ Scorpio
Oct. 23 - Nov. 21
You will have to deal with people whose ideas and opinions are the opposite to your own today but you can still get along. In fact it is quite likely you will be inspired by their different take on reality.

♐ Sagittarius
Nov. 22 - Dec. 21
Even if you don't see yourself as particularly ambitious you will want to move up in the world over the next few days. More to the point you will want to see your income improve. You're worth more than you're getting.

♑ Capricorn
Oct. 23 - Nov. 21
Let certain people know why you need to break free. They will, of course, disagree with every word you say but you are determined to do things your way for a change. Good for you. It's your life after all.

♒ Aquarius
Jan. 21 - Feb 18
The more you worry about your money situation the more you set up a negative feedback loop, which just makes matters worse. Focus on something positive today, something that brings a smile to your face.

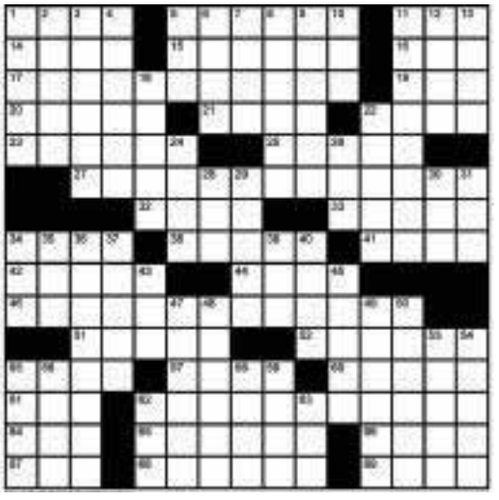
♓ Pisces
Feb. 19 - March 20
If you've got something to say then you must say it, no matter what the consequences might be. Put your point of view across simply but forcefully, then listen carefully to the replies that come in.

SALLY BROMPTON

Crossword

Across
1. Land of the Midnight Sun dweller
5. In 1534, Jacques Cartier landed on the Gaspe Peninsula and claimed the land for this country
11. 1501
14. One of the reeds
15. Cleaning these stables was one of the 12 tasks of Hercules
16. Colgate competitor
17. Paul de ___: founder in 1642 of Ville-Marie (Montreal)
19. "___ thousand times ..."
20. Spotty breakouts
21. Org. probing for outer-space life
22. Bearer of bad luck
23. "___ shabby!"
25. "___ Joe's": diner invitation
27. In 1926, it defined British dominions as equal in status
32. Gunfight at the OK Corral survivor now buried in Colma, California
33. Nearby movie houses, colloquially
34. VIP wheels
38. In 1994, this pact linked Canada, the United States, and Mexico
41. Canada joined this mutual defense org. in 1949
42. Garnish
44. The Lord of the Rings creatures
46. Alberta and Saskatchewan became part of this on Sept. 1, 1906
51. Fiddler on the Roof dairyman
52. Bring in
55. Osso ___ (Italian veal dish)
57. First name in jazz singing
60. Madagascar tree climber
61. That: Sp.
62. Ontario's precursor, established in 1791
64. Abner or Orphan Annie lead-in
65. Accomplished in
66. Astringents
67. Where to take it on the
68. Bytown today
69. Toronto originally

Down
1. Willie of Death of a Salesman
2. "Great" or "Little" Bahamas island
3. Destination in a two-part route
4. Spanish coin first minted in 1869
5. Computer cooler
6. Baseball scores
7. "A Death in the Family" writer
8. Grammar gender
9. Expensive spread
10. Québec-to-Montréal dir.
11. It joined 46-Across on July 15, 1870
12. Singer Celine
13. This giant-screen, large-format film medium was developed in Toronto in 1970
18. "___ Mio": Enrico Caruso hit
22. Canada declared war on this country on Dec. 7, 1941
24. The end ___ era
26. Start of a countdown
28. 60 minuti
29. Expecting, as a raise
30. Sometimes follows a gen.
31. General for whom a style of chicken is named
34. Alberta's ___ La Biche
35. Exchanged vow
36. On September 13, 1759 Wolfe defeated this French commander on the Plains of Abraham
37. Monteverdi opera partly set in the underworld
39. Refrain syllable
40. Broadway opening
43. Cal neighbor
45. City that was India's summer capital during The Raj
47. Colorist's vessel
48. Conger trap under water
49. Without subterfuge
50. "Skip the sandwich dressing"
53. Not so civil
54. East of Eden family name
55. He invented the telephone July 26, 1874, in Brantford, Ont.
56. Org. that oversaw the Voice of America until 1999
58. Swan lover?
59. Got ___ deal
62. La Cage aux Folles actor Tognazzi
63. Windy City rail system, briefly



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		8		1		7	3	
	7	1						
			9					1
9		2	8					
5			2		3			6
					7	2		3
2					4			
						1	5	
	4	9		5		3		2

Friday's Sudoku

1	3	2	7	6	8	5	4	9
4	7	6	9	5	2	1	6	3
6	9	5	1	3	4	2	7	8
8	2	3	5	7	6	9	1	4
5	1	6	4	8	9	7	3	2
9	4	7	2	1	3	6	8	5
7	5	4	8	9	1	3	2	6
3	8	1	6	2	5	4	9	7
2	6	9	3	4	7	8	5	1

Friday's crossword

What's online

Looking for more? Check us out online.

- **Answers.** Stumped? See the answers to today's crossword and Sudoku right now at metronews.ca/answers.
- **MetroTube.** We scour the Internet to bring you the best videos out there, at metronews.ca.

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